

# breakfast

our free range eggs may be ordered fried, scrambled or poached  
\* these breakfasts are served with a side order of toast, butter & jam

- \* **classic** R98  
two eggs, bacon, two italian sausages, mushrooms & tomato
- \* **mini** R64  
one egg, bacon, one italian sausage, mushrooms & tomato

🍷**breakfast royale** R94  
two poached eggs, asparagus or spinach, lemon sauce & seeded bread  
**add option of crispy parma ham** + R40 / **macon** + R42

**mexican bowl** R98  
mince, chillies, cumin, red onion, red beans, coriander, gem lettuce, iceberg lettuce, lime, tomato & egg

🍷**hummus toastie** R86  
hummus, rocket, avo, tomatoes, feta, poached egg, za'atar spice & toasted village bread

🍷**classic french toast** R84  
brioche french toast, berries, cinnamon sugar & maple flavoured syrup  
**add option of streaky bacon** + R36 / **macon** + R42

🍷**creamed avo on toast** R98  
creamed almond & avo dressing, fennel, labneh, chives, parsley, spiced pistachio, cucumber & gluten-free sourdough  
**egg option** + R6

**breakfast pretzel bun** R92  
pretzel bun, halloumi, rocket, fried egg, roasted tomatoes, bacon, mayo, mushroom & onion chutney

🍷**emperor’s breakfast** R76  
black rice, cauliflower, kale, radish, red onion, coriander, tomatoes, avo, chilli, cumin & a choice of egg

**reloaded** R82  
inova potatoes, italian sausages, roasted tomatoes, rocket, labneh, grilled onions, tomato chips, cumin chilli salt & a choice of egg

# omelettes

our free-range omelettes are made with three eggs or egg whites only served with a side order of toast, butter & jam

- 🍷**plain omelette** R48  
**old school omelette** R96  
herb omelette, tomato, bacon, spring onions, mushrooms & grated cheddar

# scrambled eggs

our free-range scrambled eggs are made with three eggs or egg whites only served with a side order of toast, butter & jam

- 🍷**plain scrambled** R48  
**scrambled sweetcorn** R86  
scrambled eggs, creamy sweetcorn, bacon, spring onion, parmesan & micro herbs  
**salmon scrambled** R98  
40g smoked salmon trout, scrambled eggs, cherry tomatoes, cottage cheese & chives

# healthy appetite

- 🍷**fruit salad** R78  
**add muesli** +R18    **add greek yoghurt** +R24
- 🍷**citrus sunrise** R88  
citrus fruit, banana, oat crumble, honey cream yoghurt, pistachio nuts & rose syrup
- 🍷**dr paw paw** R90  
paw paw, yoghurt, chopped almonds, honey
- 🍷**steel-cut oats** R66  
steel-cut oats, caramelised banana, cinnamon, chia seeds, maple flavoured yoghurt, almonds, coconut shavings & almond milk
- 🍷**kale & quinoa bowl** R80  
quinoa, kale, creamed almond & avo dressing, seed & nut mix, halloumi & a choice of egg

# food for thought

**whole wheat chicken wrap** R80  
**high in vitamin c / high in vitamin a / high in iron / 506 calories / 219kj**  
whole wheat wrap, grilled chicken breast, avo, low fat cottage cheese, cucumber, carrot, radish, baby spinach & dijon mustard

**chicken brown rice salad** R98  
**gluten-free / low calorie / high in vitamin b / 340 calories / 1428kj**  
middle eastern spiced chicken breast, heirloom tomatoes, gem lettuce, brown rice, cucumber, red onion, kalamata olives, sumac, parsley, low fat lemon yoghurt, pomegranate dressing

**lettuce cup burgers** R86  
**gluten-free / 519 calories / 2172kj**  
two 75g homemade mini beef burger patties, gem lettuce, brown mushrooms, gherkins, tomato, cucumber, red onion, salsa verde & sweet potato wedges

# sandwiches

- prepared on ciabatta, rye or seeded
- steak zarmie**  
150g strips of grilled steak, grilled onions, tomato, rocket & dijon mustard  
**sirloin** R98    **fillet** R136
  - tashas panini** R136  
two chicken breasts, avo, black mushrooms, feta, lettuce & tomato
  - schnitzel sarmie** R122  
two crumbed chicken breasts, tomato, avo, red onion salsa & french dressing
  - rodeo drive** R106  
mustard mayo chicken, avo, bacon strips & lettuce, on rye or seeded
  - 🍷**chickpea open sandwich** R80  
chickpeas with red onion, mayo, mustard, yoghurt, parsley, chives, gherkins & fennel, served with iceberg lettuce, tomato & red cabbage pickel, on rye or seeded

# quesadillas

- toasted mexican flat bread
- the brazilian** R98  
grilled chicken, lemon, chilli & coriander marinade, cheddar & yoghurt
  - the south african** R96  
chicken, mayo, mozzarella & gherkins
  - 🍷**the greenland** R88  
avo, feta, pistachio nuts, mozzarella, baby spinach, rocket & basil pesto mayo

# toasted sandwiches

- a choice of white, brown, rye or seeded bread
- anchovette & tomato** R38
  - bacon & avocado** R70
  - bacon & egg** R66
  - 🍷**cheese & tomato** R56
  - chicken mayo** R70
  - tuna mayo** 170g R84

# salads

- 🍷**chopped house salad** R88  
avo, cabbage, gem lettuce, cherry tomato, red onion, coriander, sunflower seeds, cashew nuts, black sesame seeds & lemon vinaigrette  
**chicken option** R110
- tashas caesar** R80  
baby spinach, gem lettuce, cherry tomatoes, cucumber, croutons, boiled egg or cold poached egg, crispy parma ham, parmesan & caesar anchovy dressing  
**chicken option** R102
- 🍷**quinoa beetroot** R78  
pickled beetroot, quinoa, hazelnuts, feta, grilled onion, baby spinach, chives, sumac & pomegranate dressing  
**chicken option** R98
- smoking salmon** R104  
40g smoked salmon trout, cottage cheese, caper berries, asparagus, basil, rocket, micro greens, cherry tomato, red onion & melba toast
- 🍷**heirloom halloumi** R94  
heirloom tomatoes, middle eastern spiced halloumi, fennel, gem lettuce, cucumber, red onion, mint, tomato chips, parsley & pomegranate dressing
- 🍷**butternut salad** R94  
roasted butternut, butter lettuce, rocket, roasted tomatoes, pine nuts, avo & a choice of feta or goat cheese, orange & mustard dressing
- garden tuna salad** R142  
tuna, red cabbage pickle, carrots, spring onion, lemon & parsley mayo, capers, sunflower seeds, iceberg lettuce, radish, crisp tortilla & basil pesto dressing
- 🍷**feta quinoa fritter salad** R84  
gluten-free quinoa, feta & pea fritters, labneh, seed & nut mix, gem lettuce, cucumber, chives, cauliflower & lemon vinaigrette
- chicken crunchy salad** R88  
grilled chicken, white cabbage, grilled corn, beans, radish, parsley, almonds, lemon & tahini yoghurt, spring onion & lemon vinaigrette

# extras

goat cheese, halloumi 100g R34 / cottage cheese, olives, cheddar R24 / feta, mozzarella, parmesan R26 / italian sausage, pesto R26 / avo R28 / grilled black mushroom, spinach R38 / sundried tomatoes R32 / rocket R18 / chicken breast R34 / macon R42 / bacon R36 / sirloin 150g R68 / fillet 150g R98 / smoked salmon trout 40g R50 / tuna 170g R62

# easy eating

allow 20 minutes preparation time / extra 10 minutes for meat well done  
\* you may swop starch on any mains at an additional cost

- salmon tartare** R228  
160g raw chopped salmon, mixed with coriander, red onion, soy sauce, avo, chilli, cherry tomato, lime & melba toast
- salmon trout fish cakes** R148  
pink salmon & smoked salmon trout mixed with red onion, potato, dill & chives, a fennel & baby potato salad, parsley, pickled radish & a lemon parsley mayo

**panko hake** R130  
crumbed hake, homemade tartare sauce, fries, mushy peas, lemon & parsley

**parmesan & couscous crusted chicken**  
chicken breast coated in couscous & parmesan, goat cheese, fennel, broccoli & herb salad  
**half** R124    **full** R154

**lemon chicken** R124  
cubed chicken breasts, rice, lemon butter & oregano sauce  
**add sundried tomato, olives & capers** R144

**prego**  
tashas style prego served with fries  
**chicken** R102    **sirloin** R118    **fillet** R148

**beef burger**  
two 125g homemade mini beef burger patties, red onion, tomato, gem lettuce, sesame seed buns & fries  
**plain** R114    **cheese** R120

**steak**  
250g steak served with fries  
**sirloin** R164    **fillet** R198  
**add black pepper, mushroom sauce**+R38

**mediterranean lamb cutlets** R248  
400g lamb cutlets, tzatziki, homemade potato crisps & a feta, olive, tomato, red onion salad

**portuguese steak**  
250g sliced steak, spicy beef & garlic sauce, fried egg, white onion pickle & homemade potato crisps  
**sirloin** R188    **fillet** R238

**salmon teriyaki** R245  
160g norwegian salmon, homemade teriyaki, black rice, cucumber, spring onion, chilli & pickled ginger

**fried chicken burger** R114  
crispy buttermilk chicken breast, pretzel bun, roasted garlic mayo, iceberg lettuce, white cabbage slaw, coriander, gherkin, tomato & fries

**soup** R68  
enquire about our soup of the day

# sides

fries, rice, sweet potato wedges, brown rice, cauliflower & kale rice R28  
side green salad R48  
side greek salad R52

# pasta

choice of penne, linguine or fresh gluten-free pasta

🍷**ninetta’s napoletana** R82  
tomato based sauce & fresh basil

🍷**arrabbiata** R84  
tomato based sauce, chilli & fresh basil

**bolognese** R104  
beef mince cooked in a traditional tomato sauce

**parma ham alfredo** R136  
cream based sauce with parma ham & mushrooms

**creamy pesto** R144  
chicken, button mushrooms, sundried tomato, pesto, cream, basil & white wine

**savva’s chicken pasta** R130  
grilled chicken strips, mushrooms, chives, garlic & cream

## cold & iced drinks

**cold drinks** 300ml R25

**tizers** 330ml R30

**mixers** 200ml R22

**roses cordials** R10  
lime, passion fruit, kola tonic

**rock shandy** R44  
half lemonade, half soda & bitters

**local mineral water still & sparkling** R24

**surgiva mineral still & sparkling glass bottle** 500ml R36 1lt R58

**local iced teas** R29

**lemon soda** R30

**oran soda** R30

**freshly squeezed fruit juice** R42  
made with fresh fruits and squeezed on order-  
carrot, apple, orange, pineapple, pear  
**add ginger** +R10

**green juice** R42  
apple, cucumber, mint, kale & lemon

**milkshakes** R38  
enquire about flavours

**frullatos** R54  
ice cream shake with pieces of fresh fruit

**freezos** (98% fat free) R44  
cino, chocolate

## smoothies

**peanut protein** R62  
peanut butter, banana, almond milk, chia seeds,  
spiced agave syrup & cinnamon  
**add whey protein** R26

**vanilla berry** R62  
mixed berries, banana, coconut milk, vanilla & pomegranate  
**add whey protein** R26

## granitas

**classics** R35  
crushed ice blended with fruit juice -  
lemon, granadilla, strawberry, mango

**cucumber, apple & mint** R39  
cucumber syrup, apple, mint & crushed ice

**elderflower & pear** R39  
pear, apple juice, elderflower syrup & crushed ice

**lemon & rose tea** R39  
lemon ice tea, rose syrup & crushed ice

**cherry & lemongrass** R39  
cherry syrup, lemongrass syrup, cranberry juice & crushed ice

**iced fruit puree** R39  
crushed ice blended with fruit puree -mango, strawberry

## hot drinks

**teas** R23  
five roses, rooibos, earl grey, chamomile

**imported teas** R27  
moroccan mint, english breakfast, jasmine queen, vanilla bourbon

**hot choc** R31

**spiced chai** R32

**tashas hot choc & marshmallows** R39  
nutella served with hot milk & marshmallows on the side

## coffees

**espresso** R22  
single shot

**double espresso** R26  
double shot

**espresso macchiato** R23  
espresso with frothed milk

**caffe long black** R25  
traditional coffee

**greek coffee** R25  
freshly brewed in a small long handled pot  
(may be ordered sweet or metrio)

**cappuccino normale** R29  
double espresso topped with frothed milk

**cappuccino petite** R25  
espresso topped with frothed milk

**cappuccino con panna** R31  
espresso topped with whipped cream

**rooibos cappuccino** R31  
rooibos espresso topped with frothed milk

**caffe latte** R29  
espresso with hot milk served in a mug

**roasted hazelnut latte** R35  
espresso lungo with hot milk & hazelnut syrup

**an extra R4 will be charged for decaffeinated coffees**

## gelati caffe

**coffee shake** R39  
espresso blended with vanilla ice cream

**dom pedro** R49  
liqueur & ice cream

## tashas cocktails

**mojito** R70  
white rum, lime, strawberry, mint & schweppes soda

**turkish delight** R62  
vodka, cranberry juice, lime & rose syrup

**strawberry daiquiri** R64  
white rum, strawberry, lime & mint sugar

**pimm’s** R58  
pimm’s, lemonade, strawberry, cucumber, orange & lemon

**cherry mint wine spritzer** R54  
dry white wine, cherry, mint, cranberry juice & schweppes soda

**aperol spritz** R68  
aperol, cinzano pro spritz & schweppes soda

## ales & spirits

**beers local**

**beers imported**

**ciders**

**spirits**

## sweets

**enquire about our cakes of the day**

tashas®